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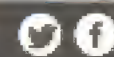
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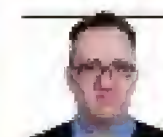
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Let youth vote: Group

MUNICIPAL ELECTIONS

Voting should start at 16, says advocate



Ryan
Tumilty
Metro | Edmonton

Edmonton's youth council is pushing for teens to have the right to cast a ballot in municipal elections at the same age they qualify to drive. Cameron Somerville, the youth council's vice-chair, said the council unanimously supported a motion last Thursday calling on the province to allow voting from age 16 onwards in municipal and school board elections.

Somerville, who recently turned 18, said youth should be able to shape the future direction of their cities. "They use city roads, they use city facilities, transit and other services," he said. "Municipal governments are the closest to the people. They are the ones we see

the most and so we think it's the best place to start."

Somerville pointed to studies from Austria, where the voting age was lowered to 16 in 2007, which showed 16- and 17-year-olds were more likely to cast a ballot than people 18 to 22.

He said getting people voting early builds a healthier democracy.

"When someone votes in their first election, research has consistently shown they are more likely to become a lifetime voter," he said.

The call from the youth council comes at the same time as the city examines voting barriers for youth, indigenous voters, new Canadians, people with disabilities and seniors.

Iain MacLean, who's leading the project with the city's election's office, said they want to find what stops some people from voting.

"We're going through this process and wanting to really listen and talk to people about what those barriers could be."

MacLean said no changes have yet been proposed before asking voters what the barriers are.

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Money moxie needed

FINANCES

Women still lacking confidence in investments



Alex Boyd
Metro | Edmonton

When Kelly Willis's husband died five years ago, she plunged into grief — but also anxiety about her finances.

"That was the most personally significant event that happened to me, but financially as well," she said, of his death.

The couple had made financial decisions together before the death, but Willis still said she was "terrified" of going it alone.

She is the vice president of marketing at Newport Private Wealth, one of Canada's largest



independent wealth management firms.

Hers is an extreme story of having to figure out how to stand on her own two feet financially, but it's one she wants other women to learn from.

"I realized 'Gosh, I work for an investment firm... what must it be like for someone who's thrust into this role or who lacks my contacts or experience?'"

Tuesday is International

Women's Day, and despite the gains made by women in many arenas, Willis is in town for a conference shining a light on one area where women are still trailing — finances.

According to a BMO study from 2014, women are 20 per cent less confident in their ability to invest than their male counterparts.

"I always resisted the idea that my gender had anything

to do with my behaviour as an investor, but research would suggest otherwise," Willis said.

Inexperience can discourage women, she said, adding that the traditionally male-dominated industry doesn't do a great job accommodating women.

Kristina Milke, a venture capital investor in Edmonton, said women tend to be more risk averse.

"I think women want to know things with more certainty, but there is no more certainty in investing," she said. "It's always a gamble."

On a hopeful note, studies suggest women may outperform men as investors.

Milke doesn't see much changing until there is better education for young people — financial literacy should start early, she said.

"So if any one of them starts going down the path of not feeling very confident, you can nip that in the bud."

Funicular particulars



Renderings of the soon-to-be-built funicular show new access to the River Valley and new pedestrian amenities.

CONTRIBUTED/CITY OF EDMONTON



GENDER EQUALITY

Pay equity laws not ready yet: Minister

Samantha Power
For Metro | Edmonton

Direct legislation to address the gender pay gap in the province won't be coming forward this spring, according to the Minister for Alberta's Status of Women Stephanie McLean.

"We know women deserve to earn equal pay for work

of equal value," said McLean on Monday. "Right now, we are focused on phasing in increases to minimum wage, and reducing the cost of child care over time to support women and their families."

The gender pay-gap in Alberta is the largest in Canada, at 41 per cent — a full 11 per cent higher than the national average.

While many factors con-

tribute to women's economic inequality, a new report by the Parkland Institute shows pay equity legislation could be a direct solution to the income gap.

Ricardo Acuna Executive Director of the Parkland Institute says it would be a strong start to create income security and could provide economic benefits provincially.

"We're seeing a lot of jobs

in the male-dominated fields get lost and the jobs that are secure tend to be public service jobs primarily female-held," Acuna said. "It would mean more money circulating in the economy."

McLean said she's thankful for the report as it informs future decisions: "We've just launched the mandate so we're looking at all opportunities to close that wage gap."

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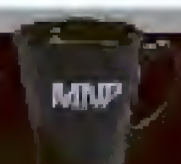
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House leader Brian Mason said details will be released this legislature session. METRO FILE

Carbon-tax rules on horizon: NDP

CLIMATE CHANGE

Wildrose wants to see revenue neutral option

Details of who pays what when Alberta brings in a new \$3-billion-a-year carbon tax are to be released in the upcoming legislature session, says government house leader Brian Mason.

Mason said the session, which begins Tuesday, is to see the government bring forward legislation as the next step toward implementing the carbon tax.

The tax is set to begin next Jan. 1.

"It will enact the (carbon) levy. It will provide for rebates to individuals and to small business. It will create a new energy-efficiency agency and it will empower the allocation of money to other (funds)," Mason said Monday at the legislature.

Legislation will give regulatory teeth to the climate-change

plan announced by Premier Rachel Notley in the fall. The plan aims to reduce carbon emissions through new and increased taxes and by phasing out coal-fired electricity generation by 2030.

The government has promised to provide rebates to low- and middle-income earners and small businesses. It's estimated that 60 per cent of Albertans will get at least some financial relief.

The tax is to collect an estimated \$3 billion a year when it is fully implemented by 2018.

In November, the government predicted the changes would cost the average household \$320 in 2017 and rise to \$470 in 2018.

Some of the tax is to be redirected to green technology and efficiencies.

Wildrose house leader Nathan Cooper said the tax is making things worse for a province losing tens of thousands of jobs due to the continuing low price of oil.

"This carbon tax is and will

+ APPLICATION

The carbon tax is to be on everything from gas at the pumps to home heating and electricity bills.

directly harm Alberta's families, seniors and businesses that are already struggling," said Cooper.

The Wildrose estimates the carbon tax will cost families \$1,000 a year more.

The NDP has already hiked personal income taxes for higher-income earners and boosted the corporate tax to 12 per cent from 10.

Alberta Party Leader Greg Clark said he wants to see the carbon tax be "as close to revenue neutral as possible" to encourage people to buy in to fixing climate change.

"What I've seen so far is not in any way a revenue-neutral carbon tax," said Clark.

THE CANADIAN PRESS

GENDERED VIOLENCE

Young men better schooled on harassment, survey says

Samantha Power
For Metro | Edmonton

Younger men are more likely to say they've recognized harassment toward women, according to a new survey by the Alberta Council of Women's Shelters (ACWS).

The study's results are a sign that education efforts about gen-

dered violence are working, says Jan Reimer, executive director of ACWS.

"It's heartening to see some of the public education taking root," she said.

The survey measured men's attitudes toward violence against women and is a follow-up to a similar survey conducted in 2011.

More than 1,470 men were surveyed between Jan. 29 and Feb. 14 this year and were asked

what they considered domestic violence to be and when it may be justified.

But not all attitudes showed progress.

Sixty-one per cent of men don't understand why women stay in abusive relationships.

In a city that saw an increase in domestic violence of eight per cent, Reimer said, it shows a need to educate on the dynamics of abuse and the barriers to leaving.

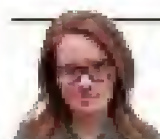


Founders of Chitter. In an email, Kyle Kaiser, one of the founders, stressed that the social media app Chitter aims to create a positive, inclusive community. CONTRIBUTED

Chitter under fire for new campaign

MACEWAN UNIVERSITY

Student advocates call ads 'shocking'



Alex Boyd
Metro | Edmonton

An Edmonton-based social media app is drawing strong criticism for ads distributed at MacEwan University that one student representative says promote sexual violence.

Chitter was founded at the University of Alberta in September and has gained thousands of followers on five western Canadian campuses.

Users post about everything from classes to campus events to dating, and the developers say as many as 30 per cent of MacEwan and 25 per cent of University of Alberta undergrads are using it.

But a new ad campaign featuring real messages from the app has drawn criticism for the MacEwan version — posts include a joke about sexual as-



A recent ad for Chitter that many have shared on social media for its troubling messages. SCREENSHOT/TWITTER

sault on the LRT and a vulgar explanation for the attitudes of students at rival campuses.

The headline on the ad reads "This is MacEwan — in an app."

But the posts used in no way represented the MacEwan campus, said Danika McConnell, the VP external for the student union.

"We had students coming into our office showing us these pamphlets, we began to see them strewn across tables, chairs, what have you, and they were shocking," she said.

"The context was put in a

light-hearted manner, but it's not something to be seen as light hearted. It was explicit in a sexual assault nature."

Chad Ohman, a second-year student at the University of Alberta, said he doesn't think these posts represent the Chitter community.

"This does represent rape culture in some terms, and I do not normalize that at all," he said. "I think it's important to realize that mistakes do happen."

In an email, Kyle Kaiser — one of the founders of Chitter — said the posts were chosen to showcase familiar places on each campus, like the LRT or the spiral staircase at MacEwan.

He stresses that Chitter aims to create a positive, inclusive community and calls the MacEwan ad an "oversight."

"We now take our marketing very seriously and scrutinize anything we publish to make sure it cannot be taken the wrong way. The flyers were not representative of MacEwan, Chitter, or the Chitter community."

WITH FILES FROM
HELEN PIKE/METRO CALGARY

CALDWELL TWINS

No charges in bobsled deaths

Police say no one will face criminal charges in the deaths of two brothers last month who died after sliding down an Olympic luge-bobsled track in Calgary. Twins Jordan and Evan Caldwell, who were 17, were part of a group of eight teens who climbed over a fence at around 1:10 a.m. on Feb. 6 to go on an after-hours run on three plastic sleds.

Police say the teens on the first sled, including Evan Cald-

well, hit a barrier-gate and fell off their sled. Unaware of what happened, a second group launched down the track.

"It was at this point they struck one of the already injured teens who was laying on the track, throwing all from their sled," police said in a release Monday.

"One of the teens was able to jump off the track and attempted to run back up to the starting point to warn his re-

maining two friends, however, they had already started down."

The third sled then came down the track with two passengers, including Jordan Caldwell, who was sitting at the front. Caldwell struck a chain that was across the course.

Police said the other teens who were seriously hurt have been released from hospital. At least one will suffer life-altering injuries.

THE CANADIAN PRESS

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MCCANN KILLINGS

Vader trial set to begin

Bret McCann hopes he'll finally find out what happened to his parents.

It's been nearly six years since Lyle and Marie McCann, 78 and 77 respectively, were last seen fuelling up their motorhome in their hometown of St. Albert, a bedroom community north of Edmonton.

They were heading out for a holiday in British Columbia and Mounties believe the seniors were murdered along the way, although their bodies have never been found.

A first-degree murder trial is to begin Tuesday for long-time suspect Travis Vader. He was described as a person of interest soon after the McCanns disappeared and eventually charged. But the charges were stayed before being reactivated in late 2014.

It's been a "long, interrupted march to the courtroom" for the accused, as a judge in preliminary matters has said, and Vader has filed lawsuits against prosecutors and the RCMP claiming malicious prosecution.

Bret McCann doesn't want to say much about the man accused of killing his parents.

For him, the trial means that for the first time he'll get to hear all the evidence and the Crown's theory as to how and why his parents were killed.

"My life's certainly been on hold," said the 61-year-old, who recently retired from his job as an engineer, in part, to focus on the trial. He plans to attend each day with other family members.

THE CANADIAN PRESS



MLA David Shepherd wants to change legislation so buildings can't discriminate on the basis of age. S TUONG/FOR METRO

Fighting for families

DOWNTOWN

MLA seeks to lift adults-only rental barriers



Ryan Tumilty
Metro | Edmonton

Edmonton Centre MLA David Shepherd wants to close the door on adult-only apartment buildings and make it easier for families to live downtown.

"I did hear some stories from people who were living in apartments in the downtown core and when they became pregnant (they) were forced

to leave," he said.

And Shepherd said barring people from buildings due to age is an area where Alberta stands alone.

"Alberta is the only jurisdiction in Canada that does not provide for protection for discrimination on the basis of age, for either tenancy or occupancy."

Rowan Kunitz said finding a place for his wife and two children in Oliver took six months, because he kept running into the adult-only barrier.

"We were really discouraged the first two months," he said. "It was incredibly difficult."

He said buildings either didn't have two- or three-bedroom apartments or they had



We were really discouraged the first two months.

Renter Rowan Kunitz

an adult-only provision.

He said having the restriction limits a neighbourhood's growth and stops young families from moving in.

"What that is essentially saying is that you are not going to grow that demographic," he said.

Shepherd said he considered addressing the issue with a private member's bill, but said it will take more time to figure

out because the Human Rights Act is complicated legislation.

"Something like this could certainly have wide-ranging implications — it's not like you can grandfather existing buildings because this is the Human Rights Act."

Paul Cashman, a spokesman for the Alberta chapter of the Canadian Home Builders Association, said the association is looking at the issue, but believes the market can also be a good solution.

He said builders would build for families downtown — if families wanted to live there.

"Our industry, if there was sufficient demand, would want to meet that demand."

COURT

Joint cry: 10 years for abuse

The Crown and defence are recommending that an Alberta man who sexually assaulted and severely beat a six-year-old girl be sentenced to 10 years in jail.

James Clifford Paul, who is 22, was charged after a six-year-old girl was found lying naked in the snow on the Paul reserve west of Edmonton on Dec. 20, 2014.

She was nearly dead and flown to the Stollery Children's Hospital in Edmonton, where she remained unconscious for several days.

Paul pleaded guilty in November to sexual assault and aggravated assault and the court heard sentencing arguments on Monday.

Crown prosecutor Jason Neustater told the court the girl, now seven, suffered "catastrophic" injuries that "will continue to impact her for the rest of her life."

Neustater said in addition to her physical injuries, experts said it's likely she has post-traumatic stress disorder, and needs constant supervision.

"She's in a specialized foster home and is receiving all kinds of therapy," Neustater said.

"Because of her age, she's a vulnerable person, but in addition to that because of the injuries she's suffered, she doesn't know, for example, not to walk off with someone who might ask her to come with them," Neustater said.

The judge reserved his decision to April 18.

THE CANADIAN PRESS



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Expansion plan hatched

CITY COUNCIL

Up to 50 people allowed to set up backyard chicken coops



Ryan Tumilty
Metro | Edmonton

Councillors expanded the city's backyard chicken program Monday despite objections of some residents and councillors, who worried it will bring more problems home to roost.

Council approved up to 50 residents to set up chicken coops, an expansion on the 18 allowed last year as part of a pilot program.

Anyone hoping to have backyard chickens will have to take a training course and get a licence from the city.

But Karin Nelson, one of several residents who opposed the program's expansion, said she worries people will grow tired of the hens after they stop laying eggs,



Margaret Fisher offers a treat to the seven chickens that call her backyard home. RYAN TUMILTY/METRO

“If anyone were to go to these pilot coops ... they would come away with a very positive impression.”

Veterinarian Margaret Fisher

leading to problems.

“It's happening now with dogs and cats. I don't under-

stand why people think it won't happen with chickens,” she said, addressing council.

The coops also proved contentious.

The city's bylaw will require residents to obtain a development permit for backyard coops.

But Coun. Tony Caterina and Coun. Bryan Anderson said the provision should be

discretionary so neighbours would be notified and have the right to appeal.

As the rules stand now, neighbours will be notified when someone gets a licence to keep hens, but they won't have a right of appeal.

Coun. Michael Walters said notifying neighbours through the licensing process is enough, adding the city is moving slowly on the issue to make sure it is adequately enforced.

“That's why we capped it at 50, so we can see what kind of resource demands may come from allowing more people to have hens,” he said.

Veterinarian Margaret Fisher, with River City Chickens and an owner of seven hens, said she hopes people concerned about chickens come see for themselves there's nothing to be concerned about.

“I can almost guarantee that if anyone were to go to these pilot coops and spend some time with the owner and with the birds they would come away with a very positive impression.”

IN BRIEF

Car share program offers up free parking to students

Students at MacEwan University have another way to get to school as car share firm Pogo is now offering free parking at the school. The company's vehicles will be authorized to park for free at any of the school's surface parking lots and the company is also offering free sign-ups to MacEwan students and professors. METRO

Energy firm pulling plugs

TransCanada Corp. plans to end its agreements to buy power from three coal-fired plants in Alberta, saying the contracts are continuing to hurt their bottom line.

The company said costs associated with carbon-dioxide emissions from the plants have risen and are forecast to increase further over the remaining term of the agreements.

The decision affects 913 megawatts of generating capacity at TransAlta's Sundance A and B plants west of Edmonton, and 756 MW at the Sheerness power plant near Hanna, Alta. THE CANADIAN PRESS

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A worker puts the finishing touches on two infill homes in Ritchie that occupy a lot that formerly had one house. METRO FILE

Contest innovates infill design

DEVELOPMENT

Competition launched to find solutions to issue



Alex Boyd
Metro | Edmonton

Edmonton has launched its first ever infill design competition.

Lana Phillips, a senior planner with development and zoning services, said it's an "open ideas" competition — meaning it will be thrown wide open for both entrants and designs.

"It's an ideas-based competition. We wanted to really start to have a conversation about infill, to have developers and the community look at the diversity in infill," she said.

Over the past few years, infill has become a growing concern in Edmonton's mature neighbourhoods.

In 2013 the city launched an infill map to advance development — meaning the construction of new houses on vacant or underused lots in existing neighbourhoods.

The current target is for 25 per cent of new development

to take place in existing neighbourhoods, a goal that's never been reached.

Part of the issue is that infill design has gotten mixed reviews in some neighbourhoods, with criticism often levelled at the way in which houses do — or don't — fit in with the neighbourhood design.

"I think it's about having a conversation so that people see that there is more opportunity to be creative," she said. "How do we broaden our horizons and look for new opportunities?"

The challenge: Design for a hypothetical Edmonton bungalow "in a post-war residential neighbourhood with streets forming a grid pattern, mature boulevard trees, and rear lane access," according to the completion overview.

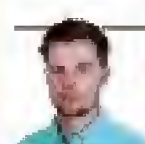
In other words, make it a typical Edmonton infill project.

There is a category for detached and attached houses, garage or garden suites, as well as an open category. Both professionals and students are invited to enter.

Registration is now open, and designs have to be submitted by the end of August. Designs will go before a jury who will select a winner — and there will be a people's choice contest, too.

HEALTH

Reduced CT scans highlights wait-time spike



Jeremy Simes
For Metro | Calgary

The province has seen a dip in the number of outpatient CT scans performed, underscoring Dr. Paul Parks' claims the reduction has caused wait times to increase.

On Sunday, Parks — an ER doctor from Medicine Hat — claimed Alberta's health centres have been told to reduce the number

of outpatient scans for budgetary pressures, causing people to flood ER rooms for the service.

For the 2015-16 fiscal year, Alberta Health Services (AHS) performed 196,411 outpatient CT scans, a dip of 4,289 from 200,700 outpatient scans in 2014-15. CT scans are used to diagnose cancer and kidney stones.

"It's frustrating — it's less costly to do scans as outpatients than in emergency," he said. "There's no question that they reduced outpatient CT scan numbers."

In early 2015, most non-urgent patients waited up to 10 weeks for CT scans, but in December that number reached 15 weeks. The Canadian

Association of Radiologists says patients should wait eight weeks. AHS has disputed Parks' claims, noting the overall number of CT scans has increased.

It said there has been an increased demand for emergency CT scans across Alberta, adding an increase in the number of patients requiring emergency scans could reduce the number of outpatient scans performed.

AHS has indicated it's making efficiencies to curb the growth of health spending.

“It's less costly to do scans as outpatients than in emergency.”

Dr. Paul Parks

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— Jan Cadra, Baker



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Lana Phillips

Study calls for tobacco law

ENVIRONMENT

Companies urged to take responsibility for butt waste



Thandi Fletcher
Metro | Vancouver

A new study co-authored by a Simon Fraser University health sciences professor is calling for tobacco companies to take the hit and be held accountable for the environmental impact of discarded cigarette butts.

Kelley Lee, who co-authored the study with Washington, D.C.-based Cigarette Butt Pollution Project, says a new regulatory approach is long overdue for addressing the environmental harm caused by cigarette butts.

"We can't just be focusing on picking up a few thousand butts every now and then, putting it on the taxpayers to pay all the cost or blaming the smokers for littering," she told Metro. "We need to mandate tobacco companies to do this through legislation."



Students and staff at Simon Fraser University collected over 45 kilograms of cigarette butts during three one-hour campus cleanups. COURTESY SFU

For the study, Lee and her colleagues developed a "model tobacco waste act" that they hope governments will adopt requiring tobacco companies be held responsible for the cost and physical process of cleaning up cigarette butts.

According to the study, cigarette butts are one of the most common waste products, with

up to five trillion cigarettes disposed of each year worldwide.

One to two-thirds of cigarettes tossed by smokers end up buried in landfills, leeching chemicals into soil, or are washed into storm drains, where they pollute water and often end up being ingested by wildlife, the study found.

Lee said the vast majority of

cigarettes sold today contain filters, usually made of cellulose acetate, a type of plastic that can't be broken down.

She said other industries that produce hazardous consumer goods, like paint, fluorescent lights and pharmaceuticals, are legally responsible for the safe disposal of their products.

"Right now, we rely on civic-



Two-thirds of butts thrown out by smokers end up in landfills. Most modern filters are made of a plastic that can't be broken down. COURTESY SFU

ally-minded people to go out and clean up this mess, but why don't the tobacco companies do it?" she asked. "They're the ones creating this mess."

While she acknowledged smokers shouldn't be "let off the hook" for littering, Lee argued tobacco companies that create such an addictive product should ultimately be held responsible.

"We no longer find it socially acceptable for people to spit on the ground or let their dogs foul the pavement," she said. "But somehow we don't have that for littering cigarette butts, and I'd love to see that in time."

IN BRIEF

CEO says outer space 'next resource frontier'

When humans set out to colonize other planets, they're going to need resources to build their settlements. That's the pitch Chris Lewicki, the president and CEO of a U.S. asteroid mining company, delivered Monday at the annual Prospectors and Developers Association of Canada conference in Toronto. He added it will be costly, pegging water at \$10 million a tonne.

THE CANADIAN PRESS

Commander calls for armed drones

The country's top military commander says he's in favour of Canada acquiring armed drones.

Gen. Jonathan Vance, appearing before the senate's defence and security committee, says he has increased the priority for the air force's drone program.

The Liberals made buying drones a commitment in their election platform last fall and put out a call to contractors.

THE CANADIAN PRESS

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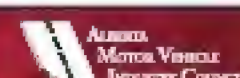
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U.S. pours it on for PM

DIPLOMACY

Trudeau's state dinner planned for months in tailored detail

One dinner. Months of planning.

On Thursday, Prime Minister Justin Trudeau will join the ranks of other leaders, from Queen Elizabeth II, to Indira Gandhi, to Mikhail Gorbachev, who have been feted at a White House state dinner.

"A lot of planning has to go into these events, which is why they are comparatively rare," said a historian with the White House Historical Association.

The invites are done in careful calligraphy. The centrepiece floral arrangements are overseen by the White House floral designer. The china settings selected — there are seven to choose from for a full state dinner.

The meal, planned by White House executive chef Cristeta Comerford and executive pastry chef Susan Morrison, will run four or five courses and feature a personal touch to acknowledge



Canadian Prime Minister Justin Trudeau and his wife Sophie Grégoire arrive at the Commonwealth Heads of Government Meeting in November 2015 in Malta. Washington is preparing to roll out the red carpet for the prime minister for a state dinner at the White House. GETTY IMAGES

the visiting leader.

Washington is preparing to roll out the red carpet for Trudeau and wife Sophie Grégoire-Trudeau to fete a Canadian leader in a way that hasn't been done for almost two decades.

Thursday's state dinner at the White House — a chic and rela-

tively rare event — promises to grab the spotlight when Trudeau visits with U.S. President Barack Obama.

But it's the symbolism of the state dinner and the substance of Trudeau's Oval Office meeting with Obama scheduled for earlier that day that together signal the

president's interest in making the visit a success, observers say.

"It's really clear ... the president has invested in this visit," said Paul Frazer, a former Canadian ambassador who now works as a consultant in Washington.

"He wants this to be a success

“
It's really clear
the president has
invested in this visit.
Paul Frazer

for the prime minister and for Canada-U.S. relations," he said.

In a town well-accustomed to the trappings of power and influence, these dinners still stand out. "They are not held very often so they are standout events from the usual receptions and other events that can take place at the White House," the association historian said.

The Canadian delegation gets 20 tickets. That delegation will include Foreign Affairs Minister Stéphane Dion; International Trade Minister Chrystia Freeland; Defence Minister Harjit Sajjan; Environment Minister Catherine McKenna and Hunter Tootoo, minister of fisheries, oceans and the Coast Guard.

Jean Chrétien was the last prime minister to enjoy a state dinner in 1997, then hosted by U.S. President Bill Clinton.

THE CANADIAN PRESS

60 MINUTES

Actress mistaken for PM's mother

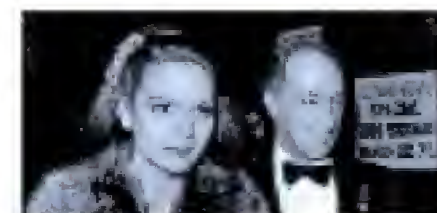
Call it a 60 Minutes oops moment.

The venerable CBS newsmagazine aired a profile on Prime Minister Justin Trudeau on Sunday, and for the most part, it cast Canada's new leader in a glowing light ahead of his visit to the White House. But there was one noticeable gaffe in the piece.

Attentive Canadians took to Twitter and pointed out that as the CBS reporter was talking about the prime minister's parents — Pierre and Margaret Trudeau — the show displayed an old photograph of Pierre Elliott on a date with actress Kim Cattrall in 1981.

A 60 Minutes spokesman said the program regretted the error.

THE CANADIAN PRESS



Kim Cattrall and former PM Pierre Trudeau in 1981.

TORSTAR NEWS SERVICE FILE



Prime Minister Justin Trudeau holds two giant panda cubs on Monday.

COURTESY JUSTIN TRUDEAU/TWITTER

TORONTO ZOO

Pandas are little bundles of Hope and Joy

A pair of panda cubs born in the Toronto Zoo were hailed as a symbol of international co-operation as they officially received names that pay tribute to the country of their birth.

In a ceremony packed with dignitaries including China's

ambassador, the zoo announced the male cub is named Jia Panpan, meaning Canadian Hope, while the female cub is named Jia Yueyue, meaning Canadian Joy.

The names were written on pink and blue signs and unveiled to great fanfare.

Prime Minister Justin Trudeau and Ontario Premier Kathleen Wynne were among those getting the first glimpse of the cubs.

Both posed for photos with the cubs — an opportunity Trudeau joked his children would envy.

The cubs were brought to their

outdoor exhibit after their names were revealed — their first time on display since their birth.

Trudeau said the pandas represent the growing bond between their host country and China, where they will eventually be returned, noting he had received

a message of congratulations from his Chinese counterpart.

"The panda is a symbol of peace and friendship, which is fitting considering Canada's ever-growing relationship with China," Trudeau said.

THE CANADIAN PRESS

RICK MERCER REPORT

ALL NEW

Rick visits the Toronto Zoo to bond with polar bear cub Juno - the cutest, deadliest carnivore in Canada.

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FRANCE

Aid group sets up camp

Doctors Without Borders did something in France on Monday that aid groups normally do in much poorer, more troubled places: opened a humanitarian camp for migrants.

More than 1,000 people fleeing conflict and poverty in the Middle East and Africa have been living in squalid shelters in a muddy field near the English Channel shore, hoping to sneak across to Britain. Local authorities say the number includes 74 children.

About 150 people abandoned the camp in Grande-Synthe, near Dunkirk, to move Monday to wooden sheds with access to toilets and electricity built nearby by Doctors Without Borders, spokesman Samuel Hanryon said.

Families pushed luggage and piled bags on buses taking them across town to the new site. The aid group, known by its French acronym MSF, hopes hundreds more will join them in the coming days.

The move is part of efforts to improve conditions for thousands of migrants who have converged on northern France amid Europe's migrant crisis.

It's MSF's first such camp in France — a sign of how bad things have become for the migrants in Grande-Synthe, whose camp is even more rudimentary than one dubbed the "jungle" in nearby Calais.

THE ASSOCIATED PRESS



A young migrant wrapped in a blanket. AP/GETTY IMAGES

Voices heard behind bars

HUMAN RIGHTS

Women draw focus as political prisoners

On International Women's Day, female voices are being heard as never before, speaking up for equality, peace and human rights. But some have been heard most widely when women are locked behind bars as political prisoners — not just in authoritarian, but also democratic countries.

Today there are increasing reports of females detained as political prisoners, as repressive regimes expand their sweep of suspected enemies. Many are tortured and subjected to sexual violence for "offences" that include political and environmental protests, labour organizing, promoting and defending women's rights and challenging authority non-violently through satirical performances and art.

Here are some of the high-profile women behind bars in 2016:

NADIYA SAVCHENKO: Ukraine

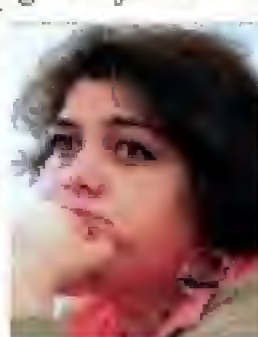
Captured in June 2014 fighting as a volunteer against Russian-backed rebels in eastern Ukraine, Savchenko, 34, was taken across the border and charged with co-ordinating a mortar attack that killed two



Russian journalists. Russian authorities say she sneaked into Russia illegally. Prosecutors are calling for a 23-year jail term. Thousands have rallied for her release in Kyiv, where she's considered a national hero. If there is a guilty verdict, the pilot wrote, she will go on hunger strike.

KHADIJA ISMAYILOVA: Azerbaijan

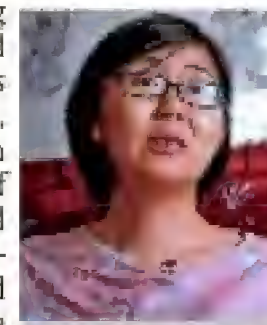
Ismayilova, 39, an award-winning investigative journalist, ran afoul of Azerbaijan President Ilham Aliyev after accusing him and his family of corruption. She was arrested in



2014 during a crackdown on independent media and activists and sentenced to more than seven years for "economic crimes." Celebrity human rights lawyer Amal Clooney has signed on to her defence.

WANG YU: China

In 2008, Yu, a human rights lawyer, was denied entry to a train after buying a ticket. After demanding to board she was beaten, and then herself charged with assault. Fired up by the injustice, she took on cases of clients that other lawyers feared, including five female activists



arrested for protesting sexual harassment. Yu, 44, was seized by security forces in July 2015, and charged with subversion six months later.

MARY ANNE GRADY FLORES: U.S.

Flores was arrested in February 2013 after photographing a protest at the Hancock Airbase in Syracuse, N.Y., and convicted of violating a protection order issued to keep protesters away from the base. Released on bail, she was ordered back to jail in January with a reduced six-month sentence. TORSTAR NEWS SERVICE



Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, laugh after the Duchess threw a snowball at Prince William during a private break skiing in the French Alps.



Catherine, Duchess of Cambridge, and Prince William with their children Princess Charlotte and Prince George.



Prince William, Duke of Cambridge with his daughter Princess Charlotte. ALL PHOTOS JOHN STILLWELL/AP/GETTY IMAGES

FRANCE

Royals enjoy ski holiday

Kensington Palace has released photos of Prince William, the Duchess of Cambridge and their children George and Charlotte on a ski holiday in the French Alps.

The images show William, Kate, 2 1/2-year-old George and 10-month-old Charlotte on the snowy slopes last week.

The palace says it was "their first holiday as a family of four and the first time either of the children had played in the snow."

The release of the pictures follows a media policy established when William and his brother Prince Harry were children: privacy in exchange for agreed-upon photo opportunities at birthdays and during school holidays.

That allowed the princes to have a relatively normal upbringing, something Kate and William are keen to give their own children. THE ASSOCIATED PRESS

TRAGEDY

Boston Marathon bomb survivor killed

A college student who survived serious injuries in the Boston Marathon bombing was killed in a car accident in Dubai over the weekend, a spokesman for Northeastern University said Monday.

Victoria McGrath died Sunday, along with her roommate at Northeastern, Priscilla Perez Torres, the Boston school confirmed.

McGrath and Torres were on a personal trip.

McGrath, 23, received

severe shrapnel injuries to her left leg from the first of two bombs placed near the marathon finish line on April 15, 2013.

Three people were killed and more than 260 others were injured.

Bruce Mendelsohn, who was attending a post-mara-

thon party overlooking the finish line rushed to help and saw McGrath lying on the ground, bleeding heavily.

He flagged down a firefighter, who carried McGrath away from the scene in what became one of the most wide-



Now I'm angry that she's been taken from us.

Bruce Mendelsohn, one of McGrath's rescuers in Boston in 2013

ly used photographs from the bombing. McGrath later tracked down her rescuers and formed friendships with them, he said.

"At the time, I was angry that anyone could do such a thing," Mendelsohn said of the bombing.

"Now I'm angry that she's been taken from us."

A Northeastern spokesman said McGrath was scheduled to graduate this spring.

THE ASSOCIATED PRESS



Victoria McGrath, centre, thanks those who helped her after the attack in 2013. BIZUAYEHU TESFAYE/INVISION/THE ASSOCIATED PRESS

Avoid friends to save: Study

SHOPPING

Frugal people found to spend more when out with others

Your friends might be your worst enemy if you're hoping to save money, a new study shows.

Frugal shoppers, when they were with higher-spending friends, spent more money than they would on their own, the study, conducted by Dr. Seung Hwan (Mark) Lee at Ryerson University, found.

It's a reversal of the usual image of frugal shoppers as staunchly independent purchasers who are immune to social pressure, said Lee, an associate professor at the university's Ted Rogers School of Retail Management.

"A lot of the frugality literature talks about how they are resistant to it, but ... it's not necessarily the case," Lee said.

The inspiration for the study came from Lee's personal experience. Though he considers himself very frugal, Lee noticed



Thrifty shoppers might not notice they're spending more than usual if they're comparing their spending to that of their friends, says Dr. Seung Hwan (Mark) Lee at Ryerson University. iStock

he would spend more money than he liked when he went out with certain friends.

In his study, Lee had participants order from restaurant menus, telling them a company was trying to understand dining habits. They were asked

to choose an ideal meal they would have with friends.

If those friends were also frugal, the frugal participants spent \$10 on average. But if the friends were big spenders, frugal participants spent \$15 on average. Non-frugal partici-

pants spent around the same no matter what their friends spent.

It's possible that frugal shoppers might not notice they're spending more than usual, Lee said, if they're comparing their spending to that of

their friends.

"It might not be that we're spending just as much as all of them. All my friends could be spending \$25 on a meal. I could be spending \$15, but that's still more than I would have spent in my normal daily life," Lee said.

Lee doesn't know how much the restaurant setting influences spending decisions. He said it's possible there's a heightened sense of social pressure when eating that might not exist in retail, especially when splitting a bill.

"When you're shopping, you don't really buy for other people. You're not sharing your electronics that you're about to buy," he said.

But there are certain techniques retail stores can use that emulate that group-spending feeling, like coupons that require multiple people to buy in at once.

"If you're just a customer when you're buying for yourself, you have that control. But if you encourage group buying, you have a mix of influence ... that may rub off on frugal customers," he said.

TORSTAR NEWS SERVICE

+ RETAIL TRICKS

Some ways retailers try to get you to spend more.

Removing the dollar sign from menus: A Cornell university study found people pay more when they only see a number and no dollar sign.

Decoy pricing: Creating a decoy option makes people choose a more expensive one. Given two options to subscribe to a magazine — web for \$59, or print and web for \$125 — most people chose the cheaper one. But add just print for \$125 and most chose the print and web option because it seemed like the best deal.

Reduce the font size: Items with price tags in smaller font sizes were more likely to be bought than prices in big fonts.

Anchoring: How to sell a \$700 handbag? Put a \$2,000 handbag next to it. People will latch on to any number presented to them as an anchor from which they make their decision.

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INVESTING

Women identify as savers

A new report by investment firm BlackRock suggests most women lack confidence when it comes to making decisions on investing.

"We are seeing more and more women categorize themselves as savers versus investors and they're sitting on the sidelines in cash," says Karrie Van Belle, managing director at BlackRock Canada.

"Over time, cash is likely not going to get you where you need to get to for your retirement."

The survey found that of those polled who have started saving, men have saved nearly double what women have.

"What we need to be helping women do is have a bit more confidence to take those first steps, ask those questions, get invested and understand the priority they need to put behind it," she said.

The poll found 44 per cent of women reported confidence in their financial decision-making, compared to 55 per cent of men. As women get older,

however, they gain confidence. By the time are in the 65-74 bracket, 67 per cent of women are confident in their investing decisions while 68 per cent of men are.

The survey found 78 per cent of women identified themselves as savers compared with 22 per cent who thought of themselves as investors. It also found that 63 per cent of women stated they are "not knowledgeable about investments."

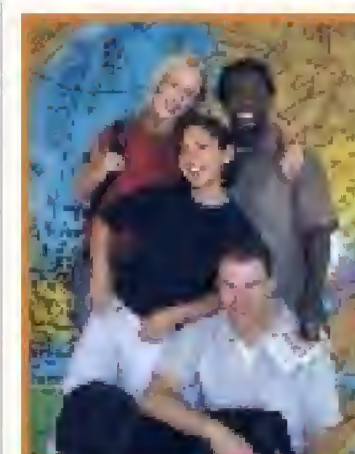
THE CANADIAN PRESS

ENERGY EAST PIPELINE PROJECT

Hearings disrupted

Protesters disrupted hearings into the Energy East Pipeline project seconds

after they started Monday in front of members of Quebec's environmental agency. THE CANADIAN PRESS



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1	8	6	3	9	5	2	7	4
7	3	4	2	6	1	8	5	9
8	2	1	9	7	3	6	4	5
3	5	7	4	8	6	1	9	2
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EMMA TEITEL: ON WIDENING THE WOMEN'S MOVEMENT

A lot of people harbour feminist values; they just don't want to be associated with the word feminist or the culture around it. The reason may be patriarchy. But I suspect it is also orthodoxy from within.



It's easy to be cynical about International Women's Day, an event rooted in radical socialism (one of the first Women's Day events was organized in 1909 by the Socialist Party of America), that is — in its current form — about as politically radical as a Santa Claus Parade.

After all, the celebration's modern proponents include Coca-Cola, Exxon Mobil, and of course Dove cosmetics — always there to remind you that “you are beautiful,” even when you haven't slept in two days and you have a zit on your chin the size of Gibraltar.

But if you can get past the insipid social-justice grandstanding by corporations and celebrities, International Women's Day is kind of like feminist Yom Kippur: a perfect occasion for reflection and repentance.

It is a day on which everyone has a certified excuse to ask herself: What's going well in the world for women and what still sucks? And most importantly: What can we do to make it better?

So let's expound on the good news first.

Whatever your feelings about eternally sunny Justin Trudeau and his wife's ill-timed a capella scatting, the federal government has done some very decent things for womankind of late.

For example, just yesterday International Development Minister Marie-Claude Bibeau announced that Canada will contribute \$81.6 million under the United Nations Population Fund in support of women's health services in developing countries — including existing abortion services.

We are also committed, evidently, to gender parity in cabinet, a new norm instituted last year by the prime minister, who joined the ranks of modern heroes Daniel Radcliffe (Harry Potter) and Patrick Stewart (Captain Picard) when he publicly declared

himself a feminist.

Despite the grumblings of jaded conservatives, this is no small thing. Just as it is hugely significant for black American kids to grow up with a black president in the White House, and gay Ontarians to grow up with a lesbian premier at Queen's Park, it is also hugely significant for Canadian girls — and boys for that matter — to grow up with a self-avowed feminist at 24 Sussex — or Rideau Cottage — or wherever Trudeau happens to be living at the moment. (Perhaps he is staying with his “other” mother, Kim Cattrall).



NO FEAR OF THE F-WORD Prince Harry, Prime Minister Justin Trudeau, actor Joseph Gordon-Levitt and comedian Aziz Ansari are among the modern men who heroically self-identify as feminists, Emma Teitel writes. GETTY IMAGES

But Trudeau's self-professed feminist designation is important most of all because the adverse realities for women — from crappy work-life balance in institutions built by and for men to an abysmal sexual assault report rate — will never turn around if engagement and identification with feminism remains dismally low.

Which brings me to the bad news: While feminism in Canada has an exceptionally loud voice — thanks in large part to social media — it has a depressingly narrow reach. A survey of 1,000 Canadian women aged 35-45 conducted by Chatelaine magazine late last year revealed that 68 per

cent of Canadian women do not call themselves feminists; similarly a global poll conducted by Ipsos in 2014 indicated that only 17 per cent of Canadian women identified as feminist.

This finding is especially bizarre because the study showed significant support for equal rights between the sexes on questions where the issue of feminist identity wasn't present. Which means: A lot of people harbour feminist values; they just don't want to be associated with the word feminist itself, or the culture around it.

to cyberbully me into submission.”

This is a person who asked to remain anonymous not because she fears ramifications from her employer, the police or some criminal entity, but from other feminists. That's a problem.

Is it a bigger problem than abortion access, childcare or sexual assault? Of course not. (And no, she doesn't realistically believe other feminists pose a threat to her physical safety).

But if we want to expand our ranks and thus the likelihood of our success, perhaps it's time we issued a moratorium on the knee-jerk condemnation of women whose ideas and language aren't ideologically pure — but whose hearts are in the right place. Perhaps then, our reach will be as wide as our voice is loud.

Happy International Women's Day.

Male Feminists à la Justin Trudeau:

Prince Harry: The royal is involved with a number of women's causes, including CHIME for Change, a charity concert seeking to empower girls and women.

Joseph Gordon-Levitt: The actor is a proud feminist. In his own words: “What feminism means to me is that you don't let your gender define who you are.”

Mark Ruffalo: The Spotlight actor is a vocal advocate for women's reproductive rights.

Barack Obama: The president's 2014 State of the Union address was famously feminist. In his own words: “It's time to do away with workplace policies that belong in a Mad Men episode.”

Aziz Ansari: The comedian came out as a feminist on the David Letterman show last year.

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

metroview



Recently in sexism: Barristers, buses and busts edition

Welcome to another “What's new in latent and not-so-latent sexism,” your brief, necessarily incomplete (there's so much to choose from!), talking points for Twitter fights.

No really, you should care: It's International Women's Day!

1. “Woman gropes man's genitals over his clothing while he sleeps on public bus” read no headline, ever. But a woman in Halifax was sexually assaulted in just such a way late last month.

Positive spin: She's reported the assault to police and is talking to the media to make sure her assailant knows “who I am, and that I have a life, and that I'm not just some random person on a bus.”

Actually, she's a single mother of two and a full-time student, hence the dozing off.

“We need to start treating women with more respect because we are not objects,” she said.

2. Female criminal lawyers are leaving their field in droves, driven by factors ranging from child-care issues (and challenges returning to work post-maternity leave), financial struggles, and “differential treatment” by lawyers and crown attorneys, a.k.a., sexist treatment.

Some still get called “little lady,” a detail that, when I heard it on the radio, convinced me I was listening to historical tape from the

1990s. Au contraire, silly me! In their study, the Criminal Lawyers Association found a 72 per cent attrition rate among female lawyers, and suggest, among other things, a few more women on the bench would help (nationally, 63 per cent of judges are men).

3. New Statistics Canada numbers crunched for the Globe and Mail found women make 73.5 cents for every dollar a man makes in Canada.

That's not really a headline, so much as a stubborn reality. Differences in salaries for typically female vs. typically male jobs are blamed, but women are also more likely to work low-wage jobs, experience poverty and make less than men in their fields (not only do male professors outnumber women two-to-one, but a 2014 McMaster study found they make about \$2,300 more).

4. Finally: sexism in statues. Of the five most recent public-art statues erected in Toronto, only one is a woman. To be specific: solely her head. The late writer Gwendolyn MacEwen apparently didn't warrant the full-body treatment, unlike the man immortalized. Men are vastly overrepresented in city sculptures generally, and also far more likely to be clothed.

And that concludes this second instalment. Good luck to us all.

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STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

DONTAE RICHARDS-KWOK, 26
SPRINTER, 100 & 200 M
6 feet, 175 lbs.

7:30 a.m. (breakfast): A couple hard-boiled eggs, fruits and a smoothie — usually one or two fruits plus spinach, kale, and some seeds. **9:15 a.m.** Training for 2-3 hours. **12 p.m. (lunch)** omelette (diced peppers, tomatoes, ham, spinach, cheese) and/or salad, water or electrolyte drink. **2:15 p.m.** Back to gym. Lift session for about an hour and a half. **3:30 p.m.** Stretch, therapy, recovery session for an hour. **5 p.m.** Protein shake. **7 p.m. (dinner)** If I'm eating carbs, usually pasta with a salad. If I'm not eating carbs, I'll have a larger salad with a grilled chicken breast or a steak. **10 p.m.** Stretch, self-calibration

Eating to win

HEALTH

Nutrition for athletes is more than just carb loading

As a time-strapped student athlete, volleyballer Kristina Valjas' go-to fuel was a bowl of Kraft Dinner or a bag of chips. Cheap, easy and tasty, but the junk diet eventually caught up with her.

"The turning point was the shin splints. It was extreme pain," said Valjas, now 28 and a beach volleyball player with Canada's national team. She'd developed bone density issues, partly due to a calcium deficiency.

What athletes eat can mean the difference between high level success and body breakdowns, but it takes time, effort and education to get it right, say dietitians and athletes. This can be tricky in a world where some seem able to eat whatever they want, but athletes say as they age, they know what works for them and what doesn't. "It's, like, immediate now for me," said Melissa Tancredi, a member of the Canadian women's

national soccer team who lives in Vancouver. "I'll know right after I eat something (unhealthy) like, oh that wasn't good. Your body's like, no, I feel awful ... You feel sluggish, you feel tired."

Tancredi (pictured right), now 33, admits she paid little attention to what she ate as a young athlete, but now credits healthy eating with helping her to perform at her best in her 30s. She mainly sticks to organic meats, fruits and vegetables — though she's not averse to a rich curry. The main thing sports dietitian Melissa Kazan notices with her athletes at the Canadian Sport Institute of Ontario is that they don't snack or plan ahead enough. Kazan teaches her athletes to pack healthy snacks, such as granola bars, soy milk packs or chocolate milk, and she advocates for an "everything in moderation" approach to eating.

"We always think, athletes, all they eat are carbohydrates or high carbohydrate diets — it really has to be varied," she said.

Kazan said when an athlete's training load is high at the begin-

ning of the season, they're likely eating more carbohydrates but as training sessions are tapered throughout the season, carbohydrate intake typically drops.

Protein and fat intake typically remains the same, she said.

As for how many calories athletes consume, it depends on the athlete and the sport, said Kazan. Male swimmers competing at the national level might consume 6,000 calories per day.

The day's schedule might also affect what an athlete eats, she said. Someone who can get away with eating greasy foods on a training day won't be able to do so on competition day, said Kazan, since fat is a heavy nutrient to digest. "You have to realize that saturated fats, sugars and the rest of those not-as-great nutrients ... still have the same effect on the body, whether you're a runner, whether you're an endurance athlete or not," said Andrea Falcone, a registered dietitian and fitness professional. "The best fuel is going to give you the best output." TORSTAR NEWS SERVICE



MELISSA TANCREDI, 33 CANADIAN WOMEN'S NATIONAL SOCCER TEAM 5-foot-7, 170 lbs.

8 a.m. (breakfast): 2 eggs, 2 pieces of gluten-free toast, cup of spinach sautéed in light olive oil, Raspberries + blueberries, espresso. **11 a.m.** 1 hour of striker training; finishing, footwork, sprints. **12 p.m.** Protein shake; coconut meat, coconut oil, coconut water,

biosteel vegan protein. **1 p.m. (lunch)** Chicken and veggies, rice. **4 p.m.** Conditioning, usually HIT intervals or weight circuit. Snack right after training: almond, cashew, dried mango mix. **5 p.m.** Protein shake. **7:30 p.m. (dinner)** Salmon, grilled

asparagus, baked Brussels sprouts, spring mix salad with chopped almonds, cut-up strawberries, fresh feta, balsamic vinegar + olive oil dressing. **9 p.m.** Decaf tea. Maybe a snack of plain Greek yogurt and almond butter. **To drink:** 3 L of water or more.

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Yoga move has your back

BACKSPIN

Deconstructed shoulder pose aids range of motion

YuMee Chung
Torstar News Service

Want to maintain strength and flexibility as you age? Experts say the secret is to "use it or lose it."

Let me show you a pose that takes your shoulders through the range of motion necessary to do up a back-closure bra (or scratch the middle-upper back if you don't own a bra). It's called the Backspin and it's a deconstructed version of a yoga classic called Cow Face Pose.

The Backspin

1. Internally rotate your right arm and bring the back of the hand to rest on the small of your back. Channel your inner speed skater.

2. Wiggle the hand up your back toward the spot between



Pressing the back of your hand into the spot between your shoulder blades provides long-term benefits. TORSTAR NEWS SERVICE

your shoulder blades.

3. Feel stuck? Help yourself along by leaning the right outer-upper arm against a wall to squash the inner arm against the side seam of your body. Use this opportunity to squirm the hand a little further up your back.

4. Press the back of the hand actively into your body as if you are going for a winning backhand with a ping pong paddle. Imagine you could pass the hand right into your body and out the other side.

5. Hold for five breaths before switching sides.

NEW SPIN ON
A CLASSIC
Practise the
Backspin to ensure
your shoulders
retain necessary
mobility for years
to come.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

FITNESS

Sports that burn up the calories

The top five calorie-killers include cross-country skiing, step, skipping, running and boxing. Personal trainers recommend two to three 45-minute sessions a week in order to see results.

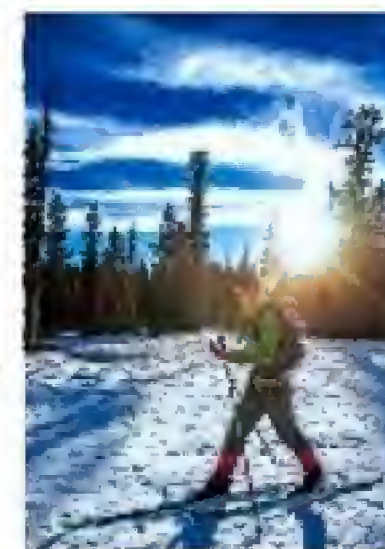
1 Cross-country skiing, 974 calories per hour, uphill Skiing works muscles in the lower body hard (quads, calves, glutes). Muscular activity increases with speed, which can explain that burning thigh feeling often associated with the sport. Skiing also strengthens abdominal muscles, as well as the back, shoulders and arms.

2 Step, 876 calories per hour A step aerobics class is a full-body workout, since arms are also included in the dance-style moves. During longer sessions (between 30 and 45 minutes), the body burns sugars then dips into fat reserves as a source of fuel. Step is great for slimming down waistlines and strengthening muscles.

3 Skipping, 800 to 850 calories per hour Jumping rope is an excellent cardio exercise for improving physical fitness, bringing benefits to the whole cardiovascular system. Skipping can aid weight loss, and it's a great way to tone up arms and calves quickly.

4 Running, 600 to 800 calories per hour Running is one of the best sports out there for burning calories and losing weight. An all-round workout, running boosts cardiovascular fitness and strengthens back and abdominal muscles, as well as the lower limbs, working both the legs and the buttocks.

5 Boxing, 600 to 800 calories per hour Boxing is a punch-packed sport that hits hard in the body's energy reserves. This activity is available at loads of gyms and sports clubs for a workout combining speed and technique. Boxing works the arms, abdominal muscles and legs. AFP



Cross-country skiing burns 974 calories. ISTOCK

TECHNOLOGY

Survey sparks discussion about sexism in emojis

Men can be police officers, detectives or construction workers. Women can be brides, princesses or bunny ear-wearing dancers.

At least, according to emojis. This issue of gendered stereotypes perpetuated by emojis and the subtle limitations stereotypes placed on young girls is the focus of a video and survey from Always brand feminine hygiene products. The video — part of a campaign to promote confidence in young girls — shows girls sadly realizing many of their favourite female emojis only wear pink, few are playing sports and none are represented in professions.

The Always survey, conducted by MSLGROUP public relations firm, included responses from 1,000 American women aged 16 to 24 who were asked questions about their attitudes toward and use of emojis. The online questionnaire found that 75 per cent of respondents want to see female emojis portrayed more progressively and 67 per cent said the available emojis imply girls are limited in what they can do.

"If you scroll through the emoji options ... there is a lot of pink and hearts and lipstick, kisses, a pink purse — a lot of



Heather Payne, CEO of programming bootcamp HackerYou calls the emoji stereotypes 'super subtle.' TORSTAR NEWS SERVICE

emojis that are very stereotypically girly," said Heather Payne, CEO of HackerYou, a Toronto-based programming boot camp. "Why isn't there a police officer with a female haircut?"

So why can't Apple just pop a ponytail on the side of a police helmet?

It's not that simple.

Emojis are regulated by Unicode Consortium, a non-profit organization committed to developing, maintaining and promoting software internationalization standards and data. The organization is responsible for ensuring the images appear similarly across different platforms, but each platform — such as WhatsApp, Gmail or Facebook — decides exactly how the emoji appears, explains Montreal-based

linguist Gretchen McCulloch, who is writing a book about Internet language.

"What the body looks like is not up to Unicode, necessarily, but the people who make the graphic art," McCulloch said. "Unicode doesn't mandate the girls to be in pink. That was a decision on the part of Apple's graphic design team."

So while Apple's "dancer" emoji portrays a woman in a red dress, Google's depiction is a yellow blob with a rose in its mouth.

In general, it appears Google prefers using gender-neutral images when Unicode doesn't specify "male" or "female," while Apple chooses more gender-specific images, said McCulloch.

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Manning calls end to 18-year career

NFL
Five-time MVP retires with two Super Bowl titles in tow

His voice cracking with emotion, Peyton Manning said good-bye to the game he loved at a news conference packed with friends, family and laughter. He threw in some Scripture, some fond memories and even a dig at Super Bowl 50 MVP Von Miller, whom he thanked for taking a break “from your celebrity tour to be here today.” He ended it with his signature “Omaha!” and then posed for pictures with more than a dozen of his former teammates with the Indianapolis Colts and Denver Broncos, each of whom he helped win a Super Bowl. Manning, who turns 40 this month, said the timing was simply right to call an end to his 18-year NFL career. “I thought about it a lot, prayed about it a lot ... it was just the right time,” Manning said. “I don’t throw as good as I used to, don’t run as good as I used to, but I have always have had good timing.” He came to Denver on March 20, 2012, for the chance to win another title in the twilight of his career and GM John Elway



Just shy of 40, Peyton Manning will forgo \$19 million and a 19th season in the NFL. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

“If there is a list of achievements needed to attain greatness you’ve checked every box.
 Broncos president Joe Ellis

had the blueprints. Four years later, he hobbles away a champion just like his boss did 17 years ago. Elway thanked Manning for coming to Colorado for

the second chapter of his brilliant career, saying he made his own job easier, noting that with Manning living here, free agents were basically asking Elway “where do I sign?”

Manning went 50-15 in Denver, leading the Broncos to four AFC West titles, two Super Bowl trips, one championship and in 2013 guided the highest-scoring offence in league history — all after retraining himself to throw after a series of neck fusion surgeries forced him to miss all of the 2011 season and led the Colts to cut him. THE ASSOCIATED PRESS

TENNIS Sharapova reveals she failed drug test

Tennis star Maria Sharapova says she failed a drug test at the Australian Open. The five-time major champion took full responsibility for her mistake when she made the announcement at a news conference Monday in Los Angeles. The former world No. 1 could face a lengthy ban from the International Tennis Federation. “I know that with this, I face consequences,” Sharapova said. “I don’t want to end

my career this way, and I really hope I will be given another chance to play this game.” The 28-year-old Sharapova said she tested positive for meldonium, which she said she has been taking for 10 years for numerous

health issues. Meldonium, thought to be widely used by Russian athletes, became a banned substance this year under the WADA code. Sharapova claimed she didn’t notice its addition to the banned list. “I take great responsibility and professionalism in my job,

and I made a huge mistake,” Sharapova said. “I let my fans down. I let the sport down that I’ve been playing since the age of four, that I love so deeply.” Meldonium, also known as mildronate, is a Latvian-manufactured drug popular for fighting heart disease in former Soviet Union countries. Meldonium treats ischemia, or lack of blood flow, but can be taken in large doses as a performance-enhancer that increases exercise capacity. THE ASSOCIATED PRESS



Maria Sharapova PETER PARKS/AFP/GETTY IMAGES

BRIER Northern Ontario’s Jacobs a perfect 4-0

Northern Ontario’s Brad Jacobs was the lone unbeaten team at 4-0 after seven draws at the Tim Hortons Brier in Ottawa following a 10-6 win over Canada’s Pat Simmons. Alberta’s Kevin Koe beat brother Jamie Koe 8-7 in the afternoon and then topped Manitoba’s Mike McEwen 9-4. The Alberta skip was alone in second place at 4-1 while Newfoundland and Labrador’s Brad Gushue was in third at 3-1.

Ontario’s Glenn Howard defeated New Brunswick’s Mike Kennedy 9-6 to move into a tie at 3-2 with Simmons, who dropped a surprise 6-4 decision to Prince Edward Island’s Adam Casey earlier in the day. McEwen and British Columbia’s Jim Cotter were at 2-2 while Saskatchewan’s Steve Laycock moved to 2-3 after topping Quebec’s Jean-Michel Menard 7-3 in the evening. THE CANADIAN PRESS

“In this Brier, if you give an inch — and we gave a few out there — they’re going to bite you
 Canada third John Morris

COURT Andrews awarded \$55M in lawsuit

A jury awarded Erin Andrews \$55 million on Monday in her lawsuit against a stalker who rented a hotel room next to her and secretly recorded a nude video, finding that the hotel companies and the stalker shared in the blame. After a full day of deliberations, the panel said the stalker was responsible for 51 per cent of the blame and the two hotel companies would share the rest, which comes out to nearly \$27 million. Andrews, a Fox Sports reporter and co-host of the TV show Dancing with the Stars, wept as

+ HARD TIME
 Michael David Barrett was sentenced to serve 2-1/2 years in prison after admitting to stalking Andrews in three cities.

jurors announced the verdict. Jurors heard directly from Andrews, who testified that she was humiliated, shamed and suffers from depression as a result of the video, which has been viewed by millions of people online. THE ASSOCIATED PRESS

IN BRIEF

Dickey, Saunders lead Blue Jays past Braves
 R.A. Dickey tossed three scoreless innings, Michael Saunders hit his third homer in as many games and the Toronto Blue Jays defeated the Atlanta Braves 3-1 on Monday. Dickey allowed one hit to Gordon Beckham to open the third and threw 31 pitches with one walk. Saunders, who homered twice and drove in five runs during Saturday’s victory over Philadelphia, connected for a long solo shot to right field in the third. THE ASSOCIATED PRESS

Talbot, Scheifele, Burns named three stars of week
 Edmonton Oilers goaltender Cam Talbot, Winnipeg Jets centre Mark Scheifele and San Jose Sharks defenceman Brent Burns have been named the NHL’s three stars of the week. Talbot went 3-0-0 with a 0.65 goals-against average, .981 save percentage and one shutout to backstop the Oilers to three wins in four games. Scheifele led the NHL with six goals in four games, while Burns led all blueliners with six points in three games. THE CANADIAN PRESS

Harvey in hot pursuit of top 3

CROSS-COUNTRY SKIING

Quebec native hopes to make it to podium by the series end

Alex Harvey did the interview sitting down. Halfway through eight races in a dozen days, the Canadian cross-country skier was saving his legs.

Harvey and the host team resume the gruelling Ski Tour Canada on Tuesday in Canmore, Alta., after four races in Quebec. Harvey heads into the tour's second half ranked fourth overall. The 27-year-old from Saint-Ferreol-Les-Neiges, Que., won a silver medal in a skate-ski sprint and was fourth in a 15k pursuit last week in Quebec City.

The series opened with races in Gatineau, Que., and Montreal. Russia's Sergey Ustiugov arrived in Canmore the men's overall men's leader. Norwegians Petter Northug Jr. and Emil Iverson were second and third respectively.

Harvey was two minutes four seconds back of Ustiugov, and 51 seconds behind Iverson.

"The dream is to come back on the podium," Harvey said Monday after a training session. "I'm going to need really good days and I'm going to need the guys in third, second and first to not have amazing days. If they keep putting time on me, it's going to be hard."

"We're still only at the halfway point. There's still a lot to go. Now you really have to stay strong and you can't really have a bad day because it's going to be hard to catch back up after that."

Norwegian women dominated the tour's first half with Heidi Weng, Therese Johaug, Astrid Uhrenholdt Jacobsen and Maiken Caspersen Falla holding down first to fourth respectively.

After Tuesday's classic sprint, a men's 30k and

women's 15k on Wednesday combine classic and skate-ski techniques. Friday's interval start and Saturday's classic pursuit conclude both the tour and the World Cup season.

There will be races within races at the Canmore Nordic Centre. Skiers are chasing medals in each day's race, but also fast times to climb the rankings in the Ski Tour Canada. World Cup points are also awarded according to finish. Not only will the Ski Tour Canada champions be crowned Saturday, but so will the season's overall World Cup champions.

It will mark the first time in history that cross-country skiing's crystal globes will be hoisted outside of Europe.

There's also almost \$870,000 in prize money to be won in the Ski Tour Canada.

Multiple races in a com-

pressed time frame at the end of the long racing season is draining the skiers' tanks. Harvey was eating, drinking, sleeping and stretching more than usual. He was vigilant about getting on the massage table as well.

"In the morning, it takes a solid 30 minutes to really start the engine because the muscles are sore, swollen from the day before," Harvey explained.

Devon Kershaw of Sudbury, Ont., is a veteran of stage races having competed in Europe's Tour de Ski since its inception in 2006. He finished fourth in 2012.

"You have to stay on top of your mobility, you have to stay on top of therapy when it's available," the two-time Olympian said. "You have to eat well and often." Canada has a large host team of 24 skiers in Canmore. Kershaw ranked 21st among the men and Emily Nishikawa of Whitehorse was the top Canadian woman in 45th after four races.

THE CANADIAN PRESS



Alex Harvey races Friday's qualifier in Quebec City. THE CANADIAN PRESS/JACQUES BOISSINOT

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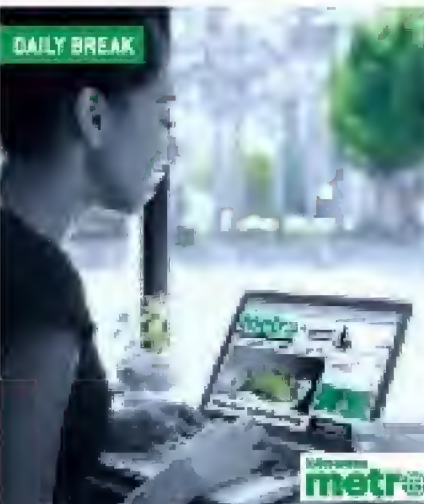
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NBA

Allen and Grizzlies stun cocky Cavs

Tony Allen scored a season-high 26 points and the Memphis Grizzlies, despite playing without four injured starters, stunned the Cleveland Cavaliers 106-103 on Monday night.

Vince Carter made four free throws in the final 13.4 seconds to steal the upset by a Memphis team that had more coaches than players sitting on the bench.

Lance Stephenson added 17 points and JaMychal Green 16 points and 10 rebounds for the Grizzlies, who forced the Cavs into a season-high 25 turnovers and never backed down against the Eastern Conference's top team. Allen was back after missing eight games with a knee injury for Memphis, which only dressed eight players.

MONDAY In Cleveland

106 104
GRIZZLIES CAVALIERS

LeBron James scored 28 points and Kyrie Irving had 27 — 14 in the fourth — for the Cavaliers. James also moved past Hall of Famer John Havlicek into 13th place on the NBA's career scoring list. Perhaps overconfident following weekend wins over Washington and Boston, and against a Memphis team without Mike Conley, Zach Randolph, Chris Andersen and Matt Barnes, the Cavs were outplayed at both ends.

THE ASSOCIATED PRESS



Memphis Grizzlies' Vince Carter, left, passes around Cleveland Cavaliers' LeBron James. TONY DEJAK/THE ASSOCIATED PRESS

RECIPE Lemon Thyme Chicken Burger



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 6 whole wheat rolls
- Toppings: Lettuce, tomato, goat cheese

Directions

1. In a large bowl, mix together the meat, thyme, zest, juice, egg, onions, breadcrumbs, mustard and salt and pepper.
2. Using your hands, form the mixture into six 3/4- to 1-inch thick patties. Hold a patty over a bun just to check that you've made them about the same size.
3. Heat up your pan or barbecue. Add a drop of vegetable oil to the pan if you're cooking on the stove. Cook patties over medium/high heat for about 5 minutes on each side. The internal temperature should be 165 to 170 degrees.
4. Time to add the extra bits of deliciousness. Top with tomato, lettuce and goat cheese.

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Total time: 20 minutes

Serves 6

Ingredients

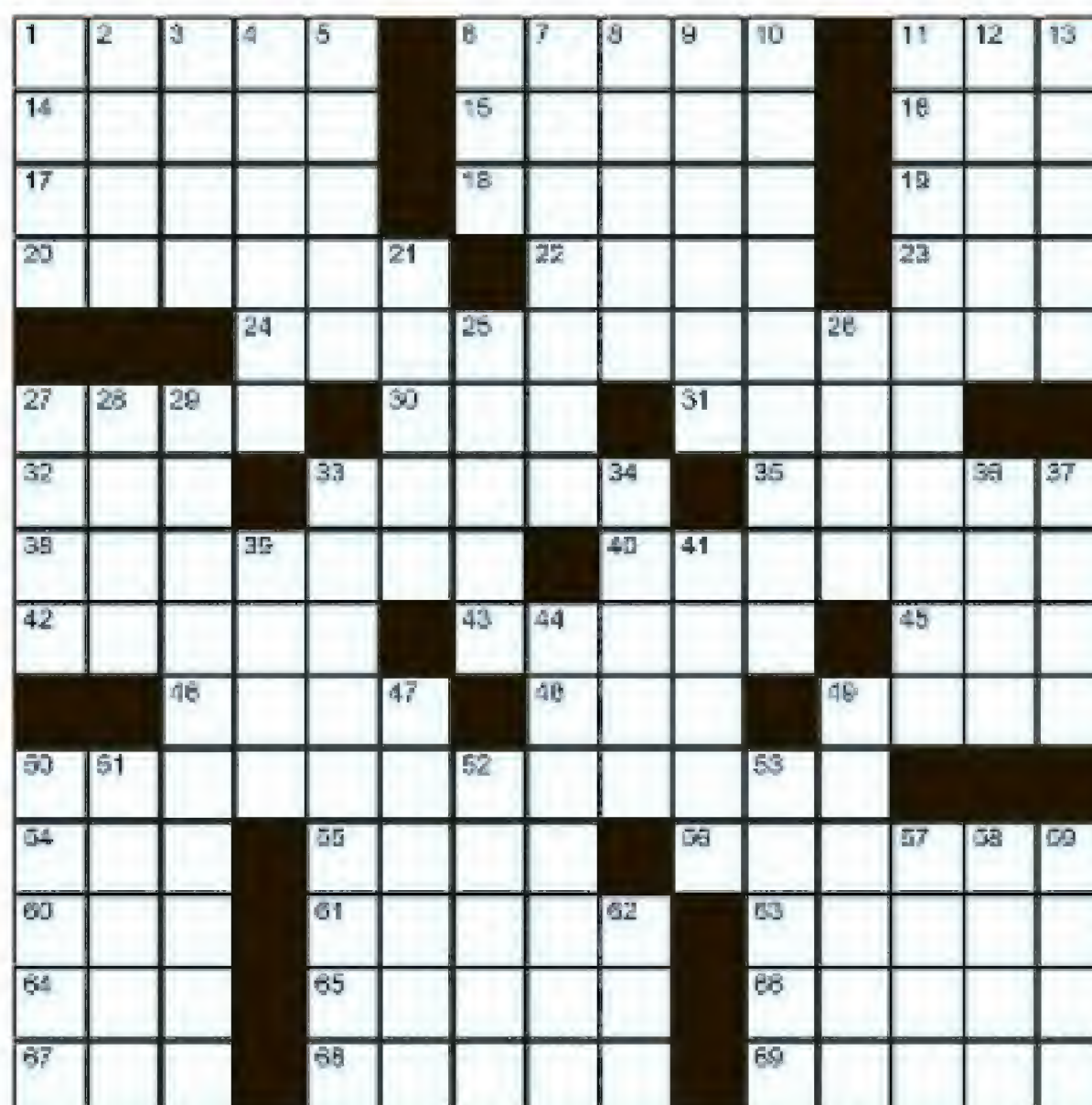
- 1 lb ground chicken
- 2 Tbsp fresh thyme
- 1 Tbsp lemon zest (the zest of about 1 lemon)
- 1 Tbsp lemon juice
- 1 egg, whisked
- 1/2 onion, finely minced
- 1/4 cup breadcrumbs
- 2 tsp dijon mustard
- Salt and pepper
- 1 Tbsp vegetable oil

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Airborne attacks
6. Mikhail Gorbachev's late wife
11. French possessive
14. Extreme
15. Violin, e.g.
16. Religious song: "Lead __, King Eternal"
17. Jan __ (17th-century Dutch painter)
18. Specific-purpose committee 2 wds.
19. Expend
20. 'I' of BLT
22. "I'll Always Be There" singer Mr. Voisine
23. __-chah-nulth (People of the Pacific Coast of Vancouver Island)
24. Yellowknife-born actress who has famously portrayed Lois Lane in 'Superman' movies: 2 wds.
27. The basics
30. And, in Athens
31. Avery adhesive, Glue __
32. __-Jongg
33. Those sharing PEI writer L.M. Montgomery's 'M.' initial
35. Belonging to the mountain nymph of ancient Greek mythology known for her voice
38. Breaking free
40. Surpasses
42. Gladiator's 2,650
43. Discharge
45. ' __ in Calgary
46. Diving birds
48. Numero __



49. The __ the limit (Anything is possible)
50. Eggplant dip: 2 wds.
54. Evian water
55. Honour
56. Mark
60. Electrical discharge
61. Canadian shoe

- stores
63. Ceremonial headdress
64. __ much (Few)
65. County in Ireland
66. Open, as a jacket
67. __-Caps (Candy)
68. Loretta's por-

- trayer on film
69. Alberta town, __ River

DOWN

1. Corrode
2. Sax sort
3. Newspaper piece
4. Aspirations
5. __ Barbara, Cali-

- fornia
6. "Clothes Off" by Canadian singer/songwriter __ Mae
7. Human's replacement in outer space
8. Eric Clapton's __, the Sheriff
9. __ and bonds
10. Frank Gehry's

- gig
11. Band's pre-concert test
12. Arise
13. Sister: French
21. Mork's language on his planet
25. Give a guess
26. Monopoly roll-ees
27. __ radio
28. Ointment
29. __ Bay (Nova Scotia body of water)
33. Holder of the drink that goes with cookies: 2 wds.
34. __ evil, hear...
36. Showbiz personality Aubrey
37. Angry cat's noise
39. South American country [abbr.]
41. Deletes by making a crisscross marking: 2 wds.
44. Labrador Retrievers, for example: 2 wds.
47. "Would you like me to?": 2 wds.
49. __ Auditorium (Los Angeles venue which has hosted many award shows)
50. Lima and Kidney
51. Screenplay writer Mr. Sorkin
52. Luxury cars
53. Took notice: 2 wds.
57. Strip by the Mediterranean Sea
58. "Modern Family" star Mr. Stonestreet
59. Gift wrapper's need
62. Tofu base

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A friend needs some reassurance and you are the one to provide it. A cheery word or two could be all it takes to pull them out of their mental and emotional nosedive and get them on the road to happiness again.

Taurus April 21 - May 21
You may not agree with what a loved one is planning but don't be critical. If you're negative it will only encourage them further, so you might as well stand back and let it happen.

Gemini May 22 - June 21
You have done some remarkable things of late but there could be a price to pay if you push yourself too hard. Be less relentless in your pursuit of fame and fortune.

Cancer June 22 - July 23
Is it possible to have too much of a good thing? Yes, so be careful over the next few days. Fun times are on the way — but if you go too far you may regret it health-wise.

Leo July 24 - Aug. 23
You may not be able to summon up a great deal of enthusiasm for what you have to do today but that's okay. You really don't have to make too much of an effort. Get others to make it for you.

Virgo Aug. 24 - Sept. 23
Let others make decisions for you today. If they make the right ones it will save you a lot of time and effort. If they're wrong then at least you'll have someone to blame.

Libra Sept. 24 - Oct. 23
Try to steer clear of issues you don't understand. If you make a small change in one area it could lead to a big change in another and it may not be the kind of change you enjoy.

Scorpio Oct. 24 - Nov. 22
Don't go to pieces if someone is critical of your performance today. Most likely they are just trying to help by pointing out where they think you have been going wrong. There is no need to get upset about it.

Sagittarius Nov. 23 - Dec. 21
You clearly have a lot on your mind and the last thing you need is to be bombarded with ideas and plans you know nothing about and care even less for. Keep yourself to yourself.

Capricorn Dec. 22 - Jan. 20
You have important things to take care of. Yes, they are boring and, yes, there are a dozen other things you would rather be doing, but you have responsibilities to live up to.

Aquarius Jan. 21 - Feb. 19
This is not a good day to take chances with money, so keep your cash in your pocket. Tomorrow's solar eclipse will transform your financial fortunes but for the next 24 hours you must not spend a penny.

Pisces Feb. 20 - March 20
It's OK to win but where you finish in the race is less important than the fun you had taking part. Let go of your competitive instincts today because they may be holding you back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1				3				6
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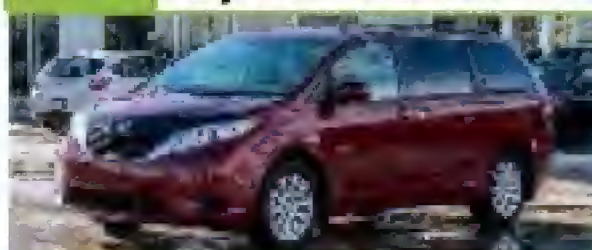
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